

CHART OF

IMPERTURBABILITY

Wanting to be Safe, Secure, to Survive

Wanting Approval

Wanting Control

APATHY	GRIEF	FEAR	LUST
Bored	Abandoned	Anxious	Abandon
Can't win	Abused	Apprehensive	Anticipation
Careless	Accused	Cautious	Callous
Cold	Anguished	Clammy	Can't wait
Cut-off	Ashamed	Cowardice	Compulsive
Dead	Betrayed	Defensive	Craving
Defeated	Blue	Distrust	Demanding
Depressed	Cheated	Doubt	Devious
Demoralized	Despair	Dread	Driven
Desolate	Disappointed	Embarrassed	Envy
Despair	Distraught	Evasive	Exploitative
Discouraged	Embarrassed	Foreboding	Fixated
Disillusioned	Forgotten	Frantic	Frenzy
Doomed	Guilty	Hesitant	Frustrated
Drained	Heart-broken	Horried	Gluttonous
Failure	Heartache	Hysterical	Greedy
Forgetful	Heartsick	Inhibited	Hoarding
Futile	Helpless	Insecure	Hunger
Giving up	Hurt	Irrational	I want
Hardened	If only	Nausea	Impatient
Hopeless	Ignored	Nervous	Lascivious
Humorless	Inadequate	Panic	Lecherous
I can't	Inconsolable	Paralyzed	Manipulative
I don't care	It's not fair	Paranoid	Miserly
I don't count	Left out	Scared	Must have it
Inattentive	Longing	Secretive	Never enough
Indecisive	Loss Melancholy	Shaky	Never satisfied
Indifferent	Misunderstood	Shy	Oblivious
Invisible	Mourning	Skeptical	Obsessed
It's too late	Neglected	Stage fright	Over-indulgent
Lazy	Nobody cares	Superstitious	Possessive
Let it wait	Nobody loves me	Suspicious	Predatory
Listless	Nostalgia	Terse	Pushy
Loser	Passed over	Terrified	Reckless
Lost	Pity	Threatened	Ruthless
Negative	Poor me	Timid	Scheming
Numb	Regret	Trapped	Selfish
Overwhelmed	Rejected	Uncertain	Voracious
Powerless	Remorse	Uneasy	Wanton
Resigned	Sadness	Vulnerable	
Shock	Sorrow	Want to escape	
Spaced out	Tearful	Wary	
Stoned	Tormented	Worry	
Stuck	Torn		
Too tired	Tortured		
Unfeeling	Unhappy		
Unfocused	Unloved		
Useless	Unwanted		
Vague	Vulnerable		
Wasted	Why me?		
What's the use	Wounded		
Why try?			
Worthless			

EMOTIONS

IMPERTURBABILITY

Wanting to be Safe, Secure, to Survive

Wanting Approval

Wanting Control

ANGER	PRIDE	COURAGEOUSNESS	ACCEPTANCE	PEACE
Abrasive	Above reproach	Adventurous	Abundance	Ageless
Aggressive	Aloof	Alert	Appreciative	Awareness
Annoyed	Arrogant	Alive	Balance	Being
Argumentative	Bigoted	Assured	Beautiful	Boundless
Belligerent	Boastful	Aware	Belonging	Calm
Boiling	Bored	Centered	Childlike	Centered
Brooding	Clever	Certain	Compassion	Complete
Caustic	Closed	Cheerful	Considerate	Eternal
Defiant	Complacent	Clarity	Delight	Free
Demanding	Conceited	Compassion	Elated	Fulfilled
Destructive	Contemptuous	Competent	Embracing	Glowing
Disgust	Cool	Confident	Empathy	Light
Explosive	Critical	Creative	Enriched	Oneness
Fierce	Disdain	Daring	Everything's okay	Perfection
Frustrated	Dogmatic	Decisive	Friendly	Pure
Fuming	False humility	Dynamic	Fullness	Quiet
Furious	False virtue	Eager	Gentle	Serenity
Harsh	Gloating	Enthusiastic	Glowing	Space
Hatred	Haughty	Exhilaration	Gracious	Still
Hostility	Holier than thou	Exploration	Harmonious	Timeless
Impatience	Hypocritical	Flexible	Harmony	Tranquility
Indignant	Icy	Focused	Intuitive	Unlimited
Irate	Isolated	Giving	In tune	Whole
Jealous	Judgmental	Happy	Joyful	
Livid	Know-it-all	Honorable	Loving	
Mad	Narrow-minded	Humor	Magnanimous	
Mean	Never wrong	I can	Mellow	
Merciless	Opinionated	Independent	Naturalness	
Murderous	Overbearing	Initiative	Nothing to change	
Outraged	Patronizing	Integrity	Open	
Petulant	Pious	Invincible	Playful	
Pushy	Prejudiced	Loving	Radiant	
Rebellious	Presumptuous	Lucid	Receptive	
Resentment	Righteous	Motivated	Secure	
Resistant	Rigid	Non-resistant	Soft	
Revolted	Self absorbed	Open	Tender	
Rude	Self satisfied	Optimistic	Understanding	
Savage	Selfish	Perspective	Warm	
Simmering	Smug	Positive	Well-being	
Sizzling	Snobbish	Purposeful	Wonder	
Smoldering	Special	Receptive		
Spiteful	Spoiled	Resilient		
Steely	Stoic	Resourceful		
Stern	Stubborn	Responsive		
Stewing	Stuck-up	Secure		
Stubborn	Superior	Self-sufficient		
Sullen	Uncompromising	Sharp		
Vengeful	Unfeeling	Spontaneous		
Vicious	Unforgiving	Strong		
Violent	Unyielding	Supportive		
Volcanic	Vain	Tireless		
	Wicked	Willing	Vigorous	
	Willful	Zest	Visionary	

Desire is dead because it's no use. We can't do anything and no one else can help. We withdraw and play weak so we won't get hurt.

APATHY

Results in:

Feeling

Cut off	Downcast	Negative
Dead	Drained	Numb
Defeated	Exhausted	Overwhelmed
Dejected	Fatigued	Pessimistic
Depressed	Futile	Powerlessness
Despairing	Helpless	Resigned
Discouraged	Hopeless	Tired
Disillusioned	Low	Weak

Thinking

I can't.	I'm useless.	No matter what I do, it doesn't
I can't win.	I'm worthless.	make a difference.
I don't care.	It'll never work.	No use, why try.
I don't count.	It's a dead end.	No way, forget about it.
I don't know how.	It's not use.	No way out.
I don't matter.	It's too late.	Tomorrow.
I give up.	It's too hard.	What's the use.
I'm doomed	Let it wait.	Why bother.

Acting

Careless	Inattentive	Passive
Catatonic	Indecisive	Spaced Out
Disassociated	Indifferent	Stuck
Defeated	Lazy	Unfocused
Forgetful	Listless	Unresponsive
Giving up	Negative	Withdrawn

GRIEF

The desire for someone to help us because we can't do anything but we think maybe someone else can—we cry out for that someone to do it.

Results in:

Feeling

Abandoned	If only	Pity
Abused	Ignored	Poor me
Accused	Inadequate	Rejected
Ashamed	Inconsolable	Remorse
Betrayed	It's not fair	Sadness
Blue	Left out	Sorrow
Cheated	Longing	Tearful
Despair	Loss	Tormented
Disappointed	Melancholy	Torn
Distraught	Misunderstood	Tortured
Forgotten	Mourning	Unhappy
Guilt	Neglected	Unloved
Heartbroken	Nobody cares	Unwanted
Heartache	Nobody loves me	Vulnerable
Heartsick	Nostalgia	Why me?
Helpless	Passed over	Wounded
Hurt		

Thinking

Do it for me, I can't do it myself.	I'm less than.	Nobody wants me.
I can't do anything about it.	If only.	Poor me.
I can't do it right.	It's all my fault.	I'm the victim.
They're taking advantage of me.	It's not fair.	Why me?
I'll never get it right.	I'll never recover.	Nobody loves me.
They're doing it to me.	It's not my fault.	Woe is me.

Acting

Acting helpless	Hysterical	Pouting
Attention seeking	Martyr	Seeking comfort
Complaining	Melancholy	Self-conscious
Crying	Moping	Sobbing
Dramatizing	Morose	Suffering
Flustered	Needy	Wailing
Helping others at your own expense.	Neglecting self and others	Weeping
	Nostalgia: "the good old days"	

FEAR

The desire to strike out but not doing so because we think they will hit us harder. The desire to reach out but not doing it because we think we'll get hurt.

Results in:

Feeling

Anxious	Engulfed	Strained
Apprehensive	Exposed	Tense
Caged	Faint	Terrified
Cautious	Fidgety	Threatened
Cowardly	Frantic	Timorous
Distrusting	Insecure	Trapped
Disturbed	Nervous	Uncertain
Doubt	Panic	Unsafe
Dread	Skeptical	Vulnerable
	Sheepish	Wary

Thinking

Crisis after crisis.	I'm confused and don't know what to do, so I can't do anything.	It is safer to stay still and not take any chances.
Disaster's looming and I've got to hide.	I'm not enough.	They're out to get me.
I can't let them find me out.	I'm not safe.	What if I fail?
I don't want anything to change.	I'm trapped, there is no way out.	What if I get fired?
I have to get it right or they'll kill me.	It's closing in around me.	What if I get into trouble?
I have to get them before they get me.	It's so confusing that I just can't move.	What if I make a mistake?
I'm not OK.	It's not safe.	What if they don't like me?
		What if...?
		What will they think?

Acting

Agitated	Hyperactive	Procrastination
Ambivalent	Hyper-focused	Quaking
Apologetic	Hyper-vigilant	Scared
Chaotic	Hysterical	Secretive
Confused	Indecisive	Self-sabotage
Cowering	Inhibited	Shady
Cringing	Irrational	Sheepish
Defensive	Lack of clarity	Shock
Disorderly	Meek	Shy
Distraught	Mistrustful	Superstitious
Distrustful	Nervous	Suspicious
Disturbed	No action	Timid
Embarrassed	Not trusting	Traumatized
Evasive	Overwhelmed	Tremble
Frenzied	Panicky	Tunnel vision
Frozen	Paralyzed	Wishy-washy
Hesitant	Paranoid	

LUST

The desire for possession–Wanting. The hunger for money–things–people, but with hesitation. We may or may not reach out. There is an underlying sense that we cannot, should not have.

Results in:

Feeling

Ambitious	Gluttonous	Longing
Anticipation	Greedy	Ravenous
Appetite	Heedless	Reckless
Craving	Horny	Sensuous
Demanding	Hot	Sexy
Desire	Hunger	Voracious
Envious	Insatiable	Wanting
Excited	Jealous	Wanton
Frustrated	Less than	

Thinking

I want...	I need you.	I want to understand.
Do it my way.	I need them.	I'm not satisfied.
Don't stop.	I need...	I'm starving.
How can I get it?	I want excitement.	It feels so good.
I can't wait.	I want it all.	Look at me.
I have to...	I want it now!	Me, me, me.
I like it this way.	I want more.	My way is the only way.
I must do it my way.	I want to know.	There won't be enough for me.
I must have it.	I want to figure it out.	There isn't enough.

Acting

Addictive	Hoarding	Over-eating
Attention seeking	Impatient	Panting
Chaotic	Inconsiderate	Predatory
Compulsive	Indecent	Pushy
Covert	Lascivious	Risqué
Desperate	Lavish	Ruthless
Devious	Lecherous	Seductive
Devouring	Lewd	Self-centered
Driven	Licentious	Selfish
Excessive	Manic	Uncooperative
Exploitive	Manipulative	Unruly
Extravagant	Miserly	Vulgar
Fixated	Obsessive	Wild
Frantic	Out-of-control	With abandon
Frenzied	Over indulgent	

ANGER

The desire to strike out, to hurt and stop the other one, but with hesitation. We might or might not strike out.

Results in:

Feeling

Agitated	Jealous	Steely
Annoyed	Livid	Stern
Boiling	Mad	Stewing
Disgusted	Malicious	Sullen
Disturbed	Outraged	Upset
Explosive	Perturbed	Vengeful
Fierce	Rageful	Violent
Frustrated	Resentful	Volcanic
Hateful	Sizzling	Wicked
Irritated	Smoldering	Willful

Thinking

Do it my way or else.	Get out of my way.	Me do it your way—not on your
Don't even think of it.	I'll get even!	life.
Don't push me around.	I'll get them.	Not a chance.
Don't tell me what to do!	I'll kill you!	Not on your life.
Drop dead!	I'll never give in.	Now you'll pay.
F... off!	I'm not doing anything.	Out of my way.
F... you!	If they don't listen to me, I'll let	Who do they think they are?
Fat chance.	them go down the tube.	You better do it my way, or else!

Acting

Abrasive	Crazed	Instigating	Pushy
Abrupt	Cruel	Intimidating	Ravaging
Abusive	Curt	Inflexible	Rebellious
Aggressive	Defiant	Invasive	Resistant
Attacking	Demanding	Malevolent	Rude
Barbarous	Deranged	Maniacal	Ruthless
Belligerent	Destructive	Merciless	Sarcastic
Biting	Discourteous	Nasty	Savage
Blinded	Disrespectful	Obstinate	Spiteful
Bloodthirsty	Exacting	Offensive	Strife
Brooding	Ferocious	Passive-aggressive	Stubborn
Brusque	Fierce	Petulant	Talking about others
Brutal	Gruff	Pigheaded	Uncooperative
Callous	Harsh	Profane	Unyielding
Caustic	Headstrong	Provoking	Vengeful
Cold	Heartless	Punishing	Vicious

PRIDE

The wish to maintain the status quo. Unwilling to change or move—therefore, the wish to stop others from movement as they might pass us up.

Results in:

Feeling

Above it all	Cool	Rejecting
Aloof	Disdain	Righteous
Arrogant	Haughty	Rigid
Better than	Holier than thou	Smug
Complacent	Icy	Special
Conceited	Irreverent	Superior
Condescending	Judgmental	Uncompromising
Contemptuous	Pious	Unfeeling
		Vain

Thinking

I'll just reject!	I'm in a better place than all of you.	It's your fault.
How dare you!	I'm not like them.	Maybe I'll do it and maybe I won't.
I knew that.	I'm right.	My way is the only way.
I know everything.	I'm smarter than everyone else.	What do they know?
I know.	I'm the only one who can do it right.	What's wrong with you?
I won't associate with "those kind" of people.	I'm the only one who can get it done.	Who do they think they are?
I'll look like I'm agreeing and do it my way.	I'm the savior/hero.	Who do you think you are?
I'm better than all of them.	I'm too busy with important matters to have time for you.	Why is everyone so incompetent?
I'm better than you.		You don't belong.
		You need me to get it done.

Acting

Aloof	Distant	Patronizing	Stoic
Arrogant	Dogmatic	Pompous	Stubborn
Bigoted	Egotistical	Putting others down	Stuck-up
Blaming others	False Humility	Remote	Talking against others
Boastful	Gloating	Sabotage	Unforgiving
Bored	Hypocritical	Sanctimonious	Impenetrable
Closed	Indifferent	Self-absorbed	Unreadable
Complacent	Know it all	Self-centered	Unyielding
Conceited	Narrow minded	Self-important	Withdrawn
Detached	Never wrong	Snobbish	Walk away
Disrespectful	Opinionated	Spoiled	

COURAGEOUSNESS

The willingness to move out without fear or hesitation—to do—to correct—to change wherever needed. The willingness to let go—to move on.

Results in:

Feeling

Alert	Delighted	Hopeful	Purposeful
Alive	Eager	Independent	Receptive
Assured	Energetic	Invincible	Resilient
Aware	Exhilarated	Loving	Safe
Centered	Focused	Lucid	Secure
Cheerful	Grounded	Non-resistant	Stable
Clear	Gusto	Open	Willing
Confident	Happy	Optimistic	Zealous
Cooperative	Heartiness	Passionate	Zest

Thinking

I can	I'll do what it takes to make it work.	It's possible.
I can get it done.		Let's work together.
I can listen.	I'm willing.	We can do it.
I can respond appropriately.	I'm willing to take risks.	We'll find a way.
I do what's needed and it works.	It can be easy and effortless.	Yes!
I know we can.	It is as easy as it was hard.	

Acting

Able	Decisive	Humorous	Risk-taking
Aboveboard	Dedicated	Initiative	Robust
Adaptive	Dynamic	Inquiry	Self-sufficient
Adventurous	Enjoyment	Insightful	Sharp
Bold	Exploration	Integrity	Solution focused
Brave	Flexible	Inventive	Spontaneous
Candid	Focused	Motivated	Strong
Collaboration	Forthright	Partnering	Supportive
Commitment	Gallant	Perceptive	Tireless
Compassionate	Generosity	Persevering	Unpretentious
Competent	Giving	Persistent	Valiant
Cooperation	Goodness	Playful	Vigorous
Creative	Gratification	Pleasure	
Daring	Honesty	Resourceful	

ACCEPTANCE

No need to change anything. No judgements of good or bad. It just is and it's OK. It is beautiful as it is. I have and enjoy everything as it is.

Results in:

Feeling

Accepting	Enriched	Mellow
Allowing	Flowing	Open
Attuned	Fulfillment	Playful
Beautiful	Glowing	Radiant
Childlike	Happy	Receptive
Compassionate	Harmonious	Satisfied
Contented	Innocent	Secure
Delighted	Joyful	Soft
Elated	Loving	Well-being

Thinking

All is well.	I have what I need as I need it.
Everything is beautiful.	I love you just as you are.
Everything is OK.	It's all coming together.
Everything is unfolding as it should.	We all have a contribution to make.
I accept you.	

Acting

Abundant	Devotional	Naturalness
Accepting	Embracing	Non-judgmental
Appreciative	Empathy	Orderly
Balance	Friendly	Receptive
Benevolent	Gentleness	Satisfied
Caring	Gracious	Tenderness
Clear-sighted	Insightful	Understanding
Co-creative	Intuitive	Warm
Compassionate	Magnanimous	Wonder

PEACE

I am—I am whole, complete, total unto my Self. Everyone and everything is part of my Self. It is all perfect.

Results in:

Feeling

Awareness	Eternal	Pure
Boundless	Free	Quiet
Calm	Fulfilled	Serene
Centered	Glowing	Oneness
Complete	Light	United

Thinking

All is well.	It's just perfect.
Everything is unfolding as it should.	We are one.
I am.	

Acting

Actionless	In equilibrium	Serenity
Balanced	Infinite	Spacious
Centered	Limitless	Stillness
Composed	Perfection	Tranquil
Connection	Poised	Unlimited
Flawless	Quiet	Whole
Imperturbable	Self-possessed	Witnessing

SCALE OF ACTION

